

Sports & Health



Cpl. James A. Sauter | Hawaii Marine

Gerald Gregory-Tems, Headquarters Battalion Warriors' running back, is tackled before making a first down against 3rd Marine Regiment during an Intramural Football League game at Pop Warner Field, Wednesday. In their opening game of the season, the Warriors defeated 3rd Marines, 36-0.

Warriors crush 3rd Marines in opening football game, 36-0

Cpl. James A. Sauter
Combat Correspondent

For a football fan, nothing is more invigorating than seeing their team destroy the opposition. This is how fans of the Headquarters Battalion Warriors felt when their team defeated 3rd Marine Regiment, 36-0, during their first game at Pop Warner Field, Wednesday.

The fighting between the two teams was the most intense during the first quarter when the teams were fresh. The 3rd Marines team was first to receive the ball after kickoff but was weighed down by the Warriors' defense. They were unable to complete a first down after five

minutes into the quarter and turned the ball over to the Warriors.

The Warriors' offense managed to drive down the field with excellent passing and running. When their offense tried to push for a fourth down, they failed and turned the ball over to 3rd Marines on the 40-yard line. The possession of the ball changed hands two more times before the first quarter ended with no points on the board.

When the second quarter started, the Warriors stepped up their game and scored two touchdowns. But with intensity came fatigue, and the Warriors' defense let the 3rd Marines' running back slip through and score a touchdown.

Despite the score, a flag was thrown on the field for a personal foul on the 3rd Marines' offense.

"Don't worry about getting tired, just keep playing," said Kelvin Brown, Warriors' head coach, about the break defense. "Just tap on your head and I'll get you rotated out."

Due to the flag, 3rd Marines was forced to punt and the Warriors held possession of the ball until the end of the half.

"Scoring is deceitful ... don't get relaxed," Brown said to his team during a halftime huddle. "Offense and defense, I need you to keep doing what you're doing but I need you to give me two more touchdowns!"

The Warriors started the second half with another touchdown, bringing the score to 18-0. Their defense decided to put as much pressure as they could on the 3rd Marines offense by blitzing. This strategy continued into the fourth quarter and proved effective. The Warriors gained two more touchdowns, ending the game 36-0.

"Based on the results of this game, the rest of the season is looking pretty good," said Gerald Gregory-Tems, Warriors' running back. "The mistakes that we saw during our scrimmages were fixed and we're only going to get better. Our next game is against CLB-3 and it should be a good one."

'Heroes and Healthy Families' aim to defeat stress

Christine Cabalo
Photojournalist

Master Sgt. Brad "Ice Man" Colbert is among the many prominent speakers at today's Heroes and Healthy Families conference who is urging Marines and sailors to focus on mental health.

Kaneohe Bay personnel filled the base theater this morning, beginning the second and final day of the conference. Former and active duty service members, as well as civilian experts, shared personal stories about the manner in which emotional war wounds have changed their lives.

"We want to minimize the feeling of aloneness Marines and sailors may feel," said Kathy McCarrell, chief executive officer, Heroes and Healthy Families. "The feeling is a normal response to combat. It's not weak to get help, it really takes guts."

The conference speakers shared their experiences about combat operational stress, substance abuse and other behavioral health concerns. Each spoke from their unique perspective of being part of the military community and confronting the mental concerns Marines may struggle with.

Colbert, one of the subjects of journalist Evan Wright's Iraq war novel and later the TV miniseries "Generation Kill," spoke about the situations he has faced managing adrenaline on and off duty.

Retired Army Maj. Gen. Mark A. Graham and his wife, Carol Graham, spoke about the death of their two sons. Their younger son Kevin committed suicide while he was an ROTC cadet and their older son Jeff was killed by a roadside bomb in Iraq.

In addition to the personal stories, the audience viewed short video news clips connected to each speaker's presentation. After describing their perspectives about each mental health concern, the speakers shared skills to help attendees prevent and intervene if they think they see a problem.

"One of the hardest things to do in any workshop is to personalize it and get



Christine Cabalo | Hawaii Marine

Master Sgt. Brad "Ice Man" Colbert speaks with Cpl. Richard Smith (left) and Lance Cpl. Jonathan LaForce, from 1st Battalion, 12th Marine Regiment, after his talk about managing adrenaline, Thursday. He and others will speak about mental health again today at the base theater as part of the Heroes and Healthy Families conference.

skills. Those skills are taught in her monthly Marriage Skills workshop, which assists newlyweds and engaged couples.

"When there are problems, arguments and general communication issues, we always suggest couples come into counseling," Yamashita said. "When we focus on the simpler issues now, it reduces the likelihood of conflicts becoming physical later."

Heroes and Health Families organizers have pushed for change by speaking with thousands of Marines since the program started in 2004. They have toured at several bases including Marine Corps Bases Camp Lejeune and Pendleton.

"Our point is to break through the myth that receiving help to process the combat experience is weak," McCarrell said. "It actually takes strength, and we need to change the paradigm."

McCarrell said when there is an opportunity to reach Marines and sailors to discuss mental health, program speakers and the "Ice Man" are ready to take it.

in touch with Marines to get them to understand it's okay to get help," said Kalani Mills, base counseling services director. "Help is out there, and I think this program conveys that and reduces the stigma."

Base counselors are on stand-by during the entire conference for Marines and sailors to speak with if they have any concerns. Information about the base's counseling services is also free for audience members. Counselors also offered audiences information about prevention, and how they can help service members and their families manage problems at the start.

Among the base counseling services personnel at the conference was Florence Yamashita, a base Family Advocacy Program manager. During the conference breaks, she was available to the audience to discuss how couples can prevent problems with a foundation of shared responsibilities and communication



Gunnery Sgt. Matthew Holly vs. Sgt. Danny Woodall

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to HawaiiMarineEditor@gmail.com. If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up, ladies ... it’s game time.

WHO ARE THE SUPER BOWL FAVORITES?

WOODALL: The NFL season kicks off this week, and, as is tradition, we here at the Hawaii Marine would like to make our bold Super Bowl predictions for each conference. Though I am a devout Dallas Cowboys fan, the NFC favorite is a no-brainer: the Green Bay Packers. After finishing 15-1 in the regular season, they fell to a red-hot New York Giants team in the Playoffs. The Packers played near-perfect football in the regular season, with former Super Bowl MVP Aaron Rodgers improving steadily each year. The Packers are still the NFC North favorite and with non-conference games against a pathetic AFC South (i.e. Jaguars, Titans and Colts), they should cruise to another division title. The Packers have also improved on the defensive side of the ball — namely their secondary — to fix their often porous defense.

HOLLY: Everyone will be gunning for the Packers after last season, more so than the Giants. This is due to the success the Packers enjoyed last season, which didn’t translate into their ultimate demise in the playoffs. As the cliché goes, defense wins championships. My pick for this year’s NFC champions are the San Francisco 49ers, whose stellar defense, second only to the Pittsburg Steelers, will rule the conference again. The Niners were first against the run last season, averaging 77.3 yards per game — that’s 15.3 yards better than the closest team. Ranked 16th, their pass defense was something less to be desired. But it was still better than the Saints, the Super Bowl champion Giants and the highly favored Packers, whose pass defense and total yards defense actually ranked dead last. I don’t think anyone has to agree the 49ers will take the NFC, but I would defiantly question one’s insan-

ity for picking the Green Bay Packers.

WOODALL: Last year’s Super Bowl contenders, the New York Giants and New England Patriots, were 27th and 31st respectively in yards allowed per game. We’re well into the era where a quarterback can dictate a team’s success. Unlike Rodgers, Alex Smith hasn’t shown the consistency required of an elite quarterback. Though the Pack’s defense may not stack up against the Niners last year, Smith’s offensive inconsistency will lead to another postseason collapse — this time against Roger’s Packers. Of course, the 49ers will likely become the league’s most overrated team by November. Just like last year, their win column will be over-inflated because they play in the second-worst division in football (only behind the AFC West). Defense will not win a championship alone, at least not in the foreseeable future.

HOLLY: You can’t blame someone for where they’re born, just like you can’t blame teams for what conference they play in. Additionally, the Niners didn’t go through the season playing a bunch of scrubs — they beat quality teams to include the Super Bowl champions, the Lions and the Pittsburgh Steelers, to name a few. I would also remind you they only missed the big game by three points facing the ‘G-men’ in the NFC championship. In regards to Smith and his “inconsistency,” it’s been said, “If you surround a man with consistency, he will be shrouded in consistency himself” — M. O. Holly, 2012. We saw consistency emerge last year from Alex Smith due to the arrival of new coach Jim Harbaugh. Smith was by no means a stat-chaser; he was, however, the epitome of consistency, commanding a 90.7 quarterback rating and only throwing five interceptions in 16

games. That’s almost unheard of. We’ll let this Sunday’s game be the precursor of the NFC Championship, as the Niners open up against the Packers. Enough said. What about the AFC?

WOODALL: Alright, the AFC. Speaking of Harbaugh, his brother has made leaps and bounds with a talented Baltimore Ravens team, but he still can’t dethrone the New England Patriots. The Patriots sport the best 1-2-3 offensive combination in football with Brady, Welker and Gronkowski. No other AFC team comes close to matching up against them offensively, which as we’ve seen in the past with these Patriots, the best defense is a GREAT offense. Like the Niners, the Pats play in a division completely devoid of competition — the Bills, Dolphins and Jets will be lucky to break .500 this year. The Patriots only have to fear meeting their kryptonite (N.Y. Giants) in the Super Bowl, but they’ll inevitably capture another division title and breeze through the playoffs.

HOLLY: You, my friend, could not be more wrong. The best defense is a great defense. As a matter of fact, the greatest defense. Stand up and break out your terrible towels, ‘Steeler Nation,’ for my pick to take the AFC this year are the Pittsburgh Steelers — the greatest NFL team of all time. There has been no team with as many, or more Super Bowl titles, since the ‘70s NFL/AFL merger. I already know what you’re going to say, “But their running game... and their defense...” Steeler haters say the same garbage every year, and every year this grand franchise seems to find a way to dominate on both sides of the ball in the form of the running game and their best, all-around defense. Now, let’s talk about the almost dynasty that never was. The

Pats have been a dominating force to reckon with over the past decade. But as we all know, good things always come to an end, especially when it has a thousand holes in its defense. Don’t get me wrong, they’ll take their division, but it stops there.

WOODALL: You picked the Steelers? The same Steelers team Tim Tebow humbled in the wildcard playoffs? That team has more problems to fix than Ben Roethlisberger’s attorneys. The Steelers are too old to compete within their own division let alone the rest of the conference. Pittsburgh did manage a 12-4 season last year, but their interdivision rivals — Baltimore Ravens — captured the division title. Wash, rinse, repeat for 2012; but this time we’ll get to see the matchup we’ve been waiting for: Green Bay vs. New England.

HOLLY: Fair enough — inaccurate, but fair. Let’s talk about why New England will ultimately fall short. I blame their fans. I’ve never seen such a repulsive, worthless excuse for humanity in the sports arena, ever. True Patriot fans, if there is such a thing, have to deal with all of these “pink hats.” (If you call yourself a Patriots fan and you’re wondering what a pink hat is — you, I’m afraid, are a pink hat.) They show up late, leave early and are over eager to release their cynical boos at the drop of a hat. All of this as if they’ve grown soooo accustomed to greatness. If you were a true fan, you would embrace the last several years of success and you would not want to let go, for you know how difficult is to win in the NFL. Come Feb. 3, 2013, the New England Patriots will be at home, cuddled up on their couch with their CLAM CHOWDAH! San Francisco 49ers, 24, Pittsburgh Steelers, 17.

SPOTLIGHT ON SPORTS

Junior bowling sign-ups

K-Bay Lanes junior bowling team, “Eastside Juniors,” is looking for players for the upcoming winter season. The bowlers play Saturdays 9 a.m. to noon. To register, call Jodi at 255-5212.

Splash and Dash Biathlon

Support the sailors of Helicopter Anti-Submarine Squadron Light 37 at the Splash and Dash Biathlon, Saturday, Oct. 20, at 7 a.m. Start the morning with a 500-meter swim in Kaneohe Bay, finishing with a 5K run that begins and ends at the Hangar 103 pad. This race is open to the general public. Online registration closes Tuesday, Oct. 16 at 4 p.m. Visit <http://www.mccshawaii.com> for more information.

Keep cool with Aqua Aerobics

Step into better fitness with water weights during this hourlong class. Participants do not need to swim in order to participate. Class is held at the base pool Saturdays at 9:30 a.m. through the fall. For details, call 254-7597.

DOD family fitness survey

The Department of Defense wants to know about your family fitness needs. Take the online survey at <http://www.usmc-mccs.org/surveys>. The Department of Defense is collecting feedback from active duty and families about their fitness needs and interests. The results from the survey will provide invaluable feedback which will be used to direct future program resources. For more information, call 690-0205.

Turkey Trot 5K

Take a running tour of MCB Hawaii with our last 10K run of the season, Nov. 17 at 7 a.m. The race will start and finish at Pop Warner Field. Run alone or in a six-person formation. Register online by Nov. 13 and receive a race T-shirt. Late registrations will also be accepted, but with a late fee. Pick up your race packet by Nov. 16 at the Semper Fit Center. For more information, call 254-7597.

Cosmic Bowling at K-Bay Lanes

The lights are off but bowlers can still strike it big as they play with the lane’s special cosmic lights and neon-colored bowling balls. The glow-in-the-dark games are Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information, call 254-7693.

Sail around Coconut Island

Take a K-Bay cruise with the base marina. Come sailing with us, and we’ll do all the work. We cruise around Kaneohe Bay and Coconut Island Thursdays from 1 to 4 p.m. Bring your own refreshments. There is a fee per person and a five-person limit. Call 254-7666 for details.

Semper Fit Juniors Program

The Semper Fit Juniors Program is open to 14- and 15-year-olds who, upon the completion of a Fitness Basics class, will receive a badge and are granted independent access to the center from 2 to 5:30 p.m., Monday through Friday, and during regular

operational hours on the weekends and holidays. Currently Semper Fit Center policy states that children ages 12 to 15 need to be accompanied by an adult. Children ages 16 to 18 have unrestricted access. Even with completion of the Fitness Basics class, youth must be accompanied by an adult outside of these designated hours. Independent access will be granted to all group exercise classes regardless of times (participant fees still apply). Participants must present their military identification and badge upon entering the facility after completing the class. For details, call 254-7597.

Adult sailing courses

The Base Marina offers a monthly adult sailing course where patrons can learn the basics of sailing in just four days. Each course consists of four one-day sessions, held Sundays from 9 a.m. to 3 p.m. Learn to sail on a Capri 16.5’, Boston Whaler Harpoon 5.2’ and American 18’.

The highlight of this course is that participants will have the opportunity to receive a U.S. Sailing small boat certification, valid at marinas across the nation. The cost includes book and certification. To register, please call 254-7666.

New Outdoor Recreation and Equipment Center now open at base marina

The Outdoor Recreation and Equipment Center is now open in its new location in Building 6800 at the base marina. The OREC features a new, expanded selection of water activity, recreation equipment, and party rentals. For more information, visit <http://www.mccshawaii.com/marina.shtml#open>.



Cpl. James A. Sauter | Hawaii Marine

Students relax in a stretching position at the end of a sun and moon yoga class at the Semper Fit Center, Tuesday. The style of sun and moon focuses on different positions including standing poses, wide stances, extended angles and headstands. Lynn Liebreich, the class instructor, took the students through each position step-by-step so experienced students and newcomers were all at the same pace.

Learning the art of relaxation and focus

Cpl. James A. Sauter
Combat Correspondent

As the students enter the small gym, they’re told by the instructor to place their mats on the floor facing a mirrored wall and begin stretching. The instructor then turns off the overhead lights, allowing only the gentle, subtle rays of a candle and holiday lights to illuminate the students’ faces. They’re ready for the cycle of the sun and moon.

Service and family members participated in a yoga night class in the dance gym of the Semper Fit Center here, Tuesday.

The style of sun and moon focuses on different positions including standing poses, wide stances, extended angles and headstands. Lynn Liebreich,

the class instructor, took the students through each position step-by-step so that experienced students and newcomers were all at the same pace.

“Everyone comes to the class for a different reason,” Liebreich said. “People come to improve on their flexibility, focus, posture or just relieve stress. I like to keep the class as relaxing as possible because it’s at night and that’s what my students want.”

The sun and moon poses come from the Hatha Yoga style that originated in India during the 15th century. The style focuses on physical poses involving the body’s limbs. Due to its simplicity, it’s suitable for beginners of yoga, Liebreich explained.

“I heard about this class through the flyers out in the gym’s main lobby,” said Petty Officer 3rd Class Wen Mirando, a corpsman with 1st Battalion, 12th Marine

Regiment. “I started because I wanted more relaxation and flexibility. I’ve only taken the class for a while but it’s helped my mental focus and confidence.”

As the class neared its end, Liebreich had all the students relax in a sleeping position. Everything in the gym remained still and calm as the students listened to windpipe music playing. They were told to start regaining awareness in the body by moving their fingers and toes and coming to a meditation position to complete the sun and moon cycle.

“I hope that the students here will explore yoga more on their own and take classes elsewhere on the island,” Liebreich said. “I love to help people and I like it when students come up to me and say that they’re doing better physically, mentally and spiritually. They end up finding that yoga goes a lot deeper than the physical.”

Kuau: The ‘Handle’ of Mokapu

On a map it looks like a little handle jutting out of the northwest end of the Mokapu Peninsula. Hawaiians call it Kuau (pronounced koo-ow) which means “handle”. It’s also known as Pyramid Rock because of a pyramid-shaped volcanic rock on the tip of the handle. Sitting atop the natural rock feature is the

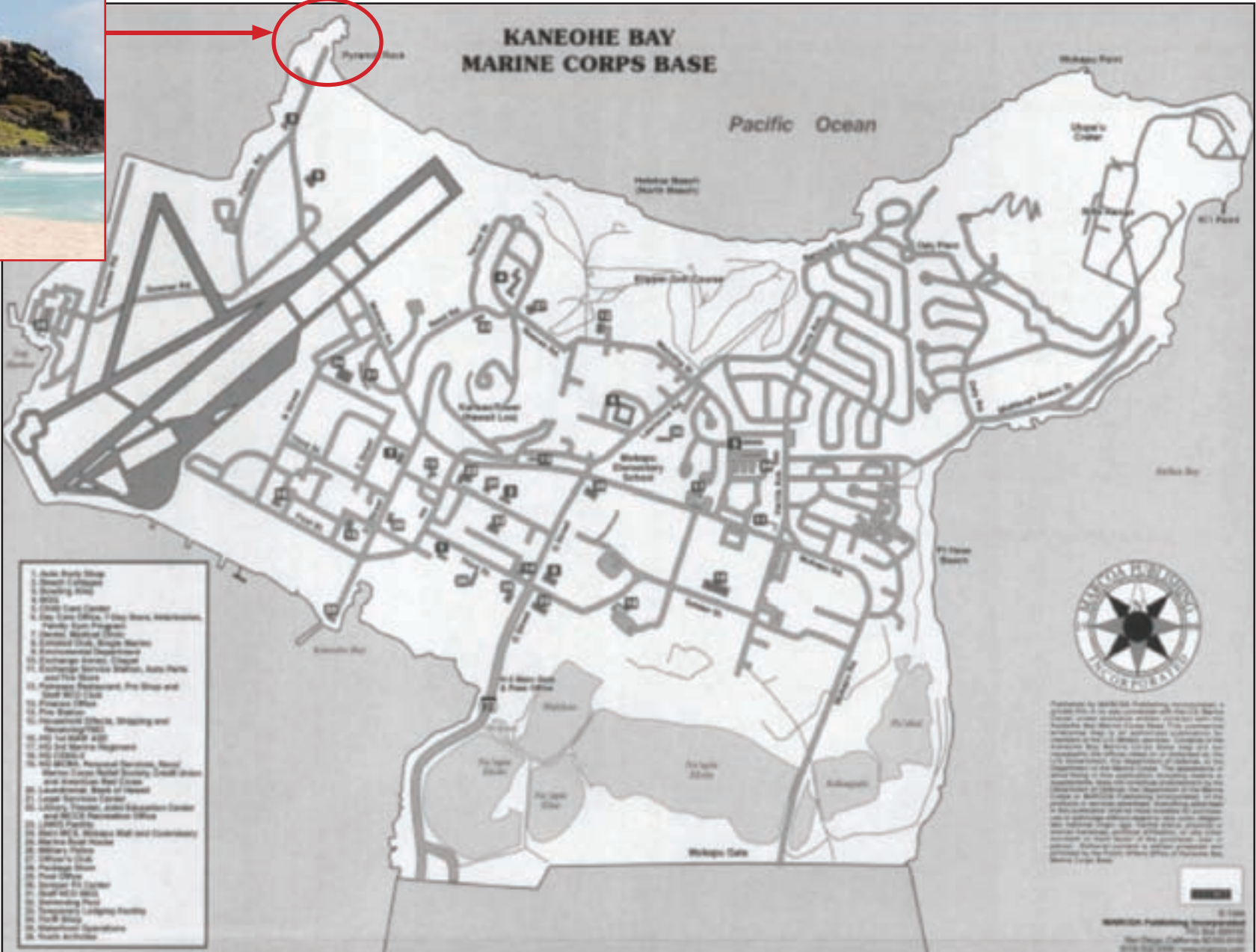
Pyramid Rock Light. This beacon light was constructed in 1941 to guide vessels into Kaneohe Bay and continues to do so today. About 700 years ago, native Hawaiians lived along this coastline. They fished, raised their families, and buried loved ones in the surrounding sand dunes. Hawaiians today feel a deep

ancestral connection to this area and consider it sacred. Marine Corps Base Hawaii is fortunate to be entrusted with its care. Pyramid Rock Beach has become a great place to surf, watch for whales, and you might see an endangered Hawaiian Monk Seal and Green Sea Turtle haul up on our warm sand to rest.

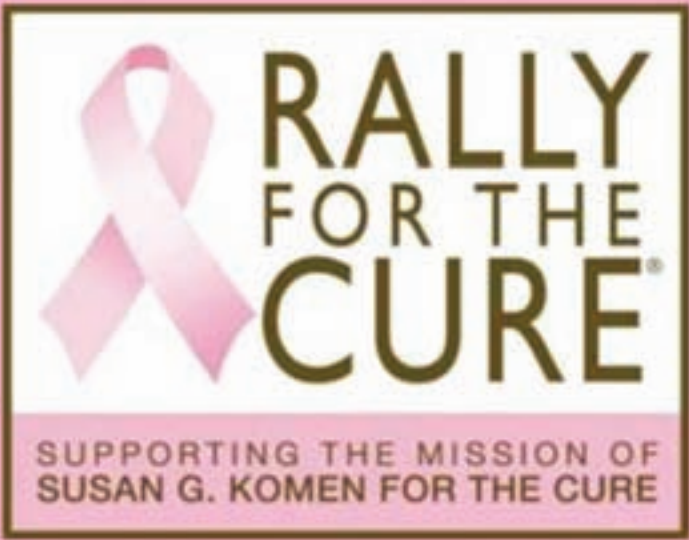
Stay 150 away from them for your safety and theirs. While enjoying the beauty of this area, remember our duty to protect and respect it. No unauthorized digging is allowed anywhere on MCB Hawaii. Contact Base Environmental Cultural Resources Managers at 257-7126 or 257-7134 for more information.



Pyramid Rock



K-BAY RALLY FOR THE CURE GOLF TOURNAMENT



- 4 Person Team Scramble -



Ambassador Nancy G. Brinker promised her dying sister, Susan G. Komen, that she would do everything in her power to end breast cancer forever. Thanks to events like this and their supporters, Rally can continue to empower people to spread the life-saving message of early detection in their communities.

Thank you in advance for your support. Together we are making a difference!

Sincerely,

Eileen Honey
Sr. Coordinator
Rally for the Cure



Contact for sign up or information:

Local Ambassadors: Bill and Elise Otto
808-216-6244 •
william.otto@usmc.mil

Did You Know?

Taking action in the fight against breast cancer can be achieved with just one golf ball.

This event will be held on **Oct. 12, 2012**, at the Klipper Golf Course located on Marine Corps Base, Kaneohe Bay, Hawaii.

Registration begins at 10:00 a.m., with a shotgun start at noon.

The cost to participate in this event is only **\$95 per person** (of which \$20 goes directly to Rally for The Cure)! Includes 18 holes of golf with a cart, goodie bag, food and drink. Also includes team awards and a raffle!

Tournament challenges:

- Putting challenge on the practice green at 10:00 a.m.
- Longest drive contests (women and men)
- Closest to the pin challenges
- Hole in one contest
- Mulligans for sale
- Ribbon to be sold for “give me” putts

NEW

Early Registration - save \$20 per team if received by Sept 21st, call 808-216-6244 for more information.

Golf attire is required (collared shirts). Steel spikes are strictly prohibited on the course.

BASE/COMMUNITY/VOLUNTEER EVENTS

Volunteers needed for Kaneohe Bay Air Show

Volunteers are needed for the Kaneohe Bay Air Show featuring the Blue Angels, Sept. 29 and 30, to work on-site, including food service workers, checkpoint volunteers, marketing volunteers and more. There are minimum age requirements for some positions. Call 254-7638 to volunteer. For details, visit <http://www.kaneohebayairshow.com>.

Mission Houses Museum seeks volunteers

The Mission Houses Museum is seeking volunteers for various positions. Among the many opportunities, the museum is looking for accounting/administrative assistant volunteers, curatorial/collections volunteers, database assistants, IT/marketing assistants and volunteers with basic carpentry skills to help build exhibits and aid in maintenance of the museum. These maintenance jobs include building exhibit furniture, repairing gates, painting and more. For details, contact Marcia Timboy at 447-3918 or email mtimboy@missionhouses.org.

USO Hawaii seeks volunteers

USO Hawaii is seeking volunteers for the Medal of Honor Convention 2012. The convention will be held in Honolulu from Oct. 1 to 6. There are many volunteer opportunities from Sept. 28 to Oct. 10. To obtain a volunteer application form, please visit <http://medalofhonorconvention2012.com/volunteerform>. For details, email BTroegner@uso.org.

Walk to End Alzheimer’s

The three-mile Walk to End Alzheimer’s is scheduled for Saturday through Magic Island in Honolulu. Registration begins at 6 a.m. and a free Zumba session will warm up the crowd before the walk. Donations of any amount are accepted, but T-shirts are given to those who reach a specific amount or more. Register online at <http://www.alz.org/walk> or call 593-1901 for more information.

Celebrate Hawaii Theatre’s 90th anniversary

Hawaii Theatre will be hosting two free weekend events to honor the day the theater first opened, Sept. 6, 1922. Ukulele star Jake Shimabukuro will play on top of the theater’s historical marquee at 7 p.m., today. Then Hawaii alternative bands Sing the Body, Sabrina and The Intire Project will perform on stage. The party continues Sunday, with the “Hawaii NINE-0 Family Festival” from 10 a.m. to 3 p.m. See free lion dancing, sword-fighting demonstrations and more. For details, visit <http://www.hawaiitheatre.com>.

Kualoa Regional Park hosting a beach event

The public is invited to join the Department of Parks and Recreation and guests at the Kualoa Regional Park for “A Special Event for a Day At the Beach,” from 9 a.m. to 1 p.m., Saturday. The event will be held at Camp Site A, Kualoa Regional Park, located at 49-479 Kamehameha Highway. Activities include canoeing, stand-up paddle boarding and carnival games. The event is sponsored by Access Surf Hawaii, a Paralympic Sport Club, and the Department of Parks and Recreation’s Therapeutic Recreation Unit. The public is advised to bring picnic food, drinks and snacks. For more information, contact Colleen Casey, 768-3027.

Mayor to lead 9/11 Remembrance Walk

Mayor Peter Carlisle will lead the 2012 Mayor’s Remembrance Walk at 5 p.m., Sunday, in observance of the 2001 terrorist attacks on the United States. The public is invited to participate. Free parking will be available at the Frank F. Fasi municipal parking structure (enter from Alapai or Beretania Streets). The walk will include members of the Honolulu Police, Fire, Emergency Services and Emergency Management departments, elected officials, and other city personnel. The procession will be led by a police motorcycle formation, color guard, Celtic Drums and Pipes, Carlisle and other dignitaries, and wreath bearers.

The walk will begin at 5 p.m. with a blessing and wreath presentation at the Honolulu Police Department headquarters at 801 South Beretania Street. Carlisle will speak, and wreaths will be presented by the mayor and participating agencies. For more information, call the media contact, Kaleve Iosefa, at the Mayor’s Office of Culture and the Arts, at 768-6622.

September is Suicide Awareness Month

World Suicide Prevention Day is observed Sept. 10 each year to promote worldwide action to prevent suicides. Various events and activities are held during this occasion to raise awareness that suicide is a major preventable cause of premature death.

About one million people die by suicide each year. Suicide is a major preventable cause of premature death which is influenced by psycho-social, cultural and environmental risk factors that can be prevented through worldwide responses that address these main risk factors. There is strong evidence indicating that adequate prevention can reduce suicide rates. No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255) you’ll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24 hours a day, seven days a week.

MOKAPU ELEMENTARY BRIEFS

School fundraiser

Every Tuesday and Friday in September, PTA receives 25 percent of your total Dairy Queen purchase at Mokapu Mall from 2 to 5 p.m. Send your receipt in envelope to “Mokapu PTA” with your child. Please also be patient as many people are heading over right after school to participate.

‘The Magic of a moment’

For details about the National PTA Reflections Program, “The Magic of a moment,” visit <http://www.ptareflections.org/>. Art Donations are also being collected for Silent Auction to be held at Reflections Banquet. If you would like

to make a submission or you have questions about the event, please email PTAMokapu@gmail.com.

Mokapu Gear Sale

Mokapu logo gear available for sale. Cash or checks should be made payable to Mokapu PTA. Order forms and samples are available to view in the P-6 classroom. For details email PTAMokapu@gmail.com. Limited Supply of Smencils and Smen sets still available as well.

Fall Fundraiser

Sept. 20 - Papa John’s Night. Please send in receipts and the school will receive 25 percent of sales.
Sept. 21 - Popcorn Friday.

MARINE MAKEPONO

Apartment for rent. Two-bedroom 985-square-foot apartment available in Kailua. Ocean and mountain views. One and a half bathrooms, shower connects bathrooms. Secured building with pool. \$2,000 per month. No smokers. Basic cable and water included. Call 392-0709.

New shoes for sale. Two pairs of Kenneth Cole Reaction Women’s Hip Pop Sandal. Open-toe and ankle strap wedge heel. Never worn, available in black or brown in size 8.5 M. Retail for \$55 or more, obo. Call 257-8837.

Coffee table for sale. Made of solid oak, natural wood finish. Lightweight but very sturdy. Excellent condition. For details, call 520-204-0144.

Car for sale. 2001 Saturn LS 200, 4-door sedan, dark green. 95,000 miles, great condition. Perfect island

car, second vehicle or starter for teens. Moving, must sell (available Oct. 1). \$2,500. For more information, call 520-204-0144.

Apple accessories for sale. iPad photo connector docks, USB and SD. Apple Store product MC531ZM/A. Brand new, still in box. \$20. For more information, call 520-204-0144.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in Building 216, Room 19. Please have your Military ID and a short write-up of what you’d like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.



Crime Prevention Tip of the Month:

Treat pets humanely. Military police will take appropriate actions on cases involving neglect or maltreatment and forward copies of reports to the base inspector or Hawaiian Humane Society for adjudication by the State of Hawaii.

PMO Contact Numbers & Locations

- To report suspicious activity/behavior or for non-emergency calls contact the Desk Sergeant:
257-1018/2123; Bldg. 1096
 - For information regarding check in/out, fingerprinting, or weapon registration contact:
257-6994; Bldg. 1095
 - For information regarding pet registration, fishing regulations, or lost/found animals contact the PMO Game Warden:
257-1821; Bldg. 3099
 - For information regarding vehicle decals, base passes, and vehicle registration contact:
257-2047/0183; Bldg. 1637/1095 for MCBH and 477-8734/8735; Bldg. 601 for Camp Smith
 - For information regarding traffic regulations, citations, or traffic court contact the Traffic Court Bailiff:
•257-6991/6992; Bldg. 1095
 - For all other numbers not listed contact Base Information:
449-7110
- For more information visit the PMO website:
<http://www.mcbh.usmc.mil/mp/default.htm>

Topic of the Month

All Marine Corps Base Hawaii personnel owning pets must comply with Hawaii State Laws and Base Orders. All pets aboard MCB Hawaii, Camp H.M. Smith, and Manana Housing must be licensed through the City and County of Honolulu and they must be registered aboard the base. The following animals are prohibited aboard MCB Hawaii, Camp Smith, and Manana Housing: Staffordshire Terriers and Pit Bull Terriers or any mix thereof and dogs with physical characteristics similar to these breeds, any animal normally considered livestock, game birds and any bird species listed under the Migratory Bird Treaty or Endangered Species Act, and any snakes, Jackson Chameleons, or iguanas. Pets are prohibited from MCBH beaches from 10 a.m. to 3 p.m. and pets must be on a leash and policed accordingly. Pet violations may result in a Pet Letter of Warning or the impounding of the pet. For any questions regarding pet registration, complaints regarding pets, lost and found pets, to report possible animal neglect and information on applicable pet regulations contact the PMO Game Warden at 257-1821.

IN CASE OF EMERGENCY DIAL 9-1-1

Inaugural Keiki Bodyboard Contest

**Bellows Air Force Station
will hold its inaugural
Keiki Bodyboard Contest
at 10 a.m., Sept. 22**

Entry fees vary if postmarked by Sunday, and after Monday.
No T-shirt is guaranteed after Sept. 9. No refund will be given.
Individual contest age groups are 7-9, 10-12, 13-15 and 16-17. Tandem competitors must be at least 18 years old to compete with a child age 6 and under. All participants must be able to swim. Awards for the top three in each age group and top three in tandem group will be awarded.
For more information and registration forms visit
<http://www.bellowsafs.com> or call Turtle Cove at 259-4136/4137.